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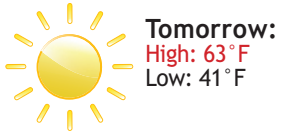


Volleyball team plays through tough sets 3

Dieting attitude just as important as regiment 4

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kstatecollegian.com



03 Gathering of titans Big 12 media day attracted players and coaches to Kansas City

04 Petrifying playlist Edge has a list of must-have Halloween themed music choices

04 Abstract allergies An unusual allergy gets the spotlight in today's Health section

Student interests to guide Union's renovation proposal



Austin Nichols news editor

As requested by the K-State Student Union, the architecture firm Ayers Saint Gross is in the process of conducting a feasibility study based on student recommendations to create a proposal for renovations to the Union.

"We're in the information-gathering phase," said Bill Smriga, director

Tommy Theis | Collegian

A view from the parking garage of on Wednesday evening shows the exterior of the K-State Student Union. The interior might undergo a redesign in the future.

of the Union. "We want to plan now so we're ready for the future."

Smriga said the feasibility study will identify what their needs are and what that might cost. That answer will lead to how this project will be financed.

Several funding options for the project are being discussed, Smriga said. Because the Union is a corporation separate from K-State, it does not typically receive direct funding from the university. However, the Union does receive student privilege fees that provide close to 20 percent of its funding, Smriga noted. Other funding comes from renting out facilities in the Union.

UNION | pg. 5

K-State, Manhattan news briefs

Karen Sarita Ingram edge editor

Lafene to hold walk-in flu shot clinics every Thursday

Lafene Health Center is holding a flu shot clinic every Thursday until Dec. 20. Clinic hours are from 8-11:30 a.m. and 1-4 p.m. No appointment is necessary. Injectable shots cost \$15 for students and \$20 for others. Students must have their Wildcat ID and insurance cards to get the discount. There are no intranasal vaccines available at this time. Lafene does not provide flu shots to pregnant women, and people with allergies to eggs are advised not to get a flu shot. Questions may be directed to Lafene at 785-532-6544.

Professor's memorial service held on campus today

A memorial service for Roy L. Barnett will be held today from 4:30-6 p.m. at All Faiths Chapel. Barnett, professor of sociology, died of a heart attack on Sept. 28 at the age of 40. He first came to K-State in 2001 and was a faculty adviser for the Criminology Club. Students who need help coming to terms with the death of Barnett are encouraged to contact Counseling Services at 785-532-6927 or visit 232 English/Counseling Services Building.

Police arrest 3 in drug raid

The Riley County Police Department arrested three people in two different apartments after obtaining search warrants for marijuana on Oct. 14. Denver resident Charmaine Cardwell and Manhat-

BRIEFS | pg. 5

Food service provider threatens to leave Union



Emily DeShazer | Collegian

Brittany Weinmann, junior in wildlife conservation, closes the K-State Student Union Food Court gates on Wednesday. Chartwells, the Union's contracted food service provider, might terminate its contract with K-State if the contract is not restructured. "We cannot continue to sustain such losses," wrote Chartwells CEO Steven Sweeney in a letter to university officials.

Mike Stanton assistant news editor

Chartwells, the food service provider for the K-State Student Union, submitted a letter to Union director Bill Smriga stating the company's intention to terminate its contract with K-State unless the contract is restructured. Chartwells operates restaurants in the Union and around campus and provides catering services to customers from throughout the university.

The letter was sent on Sept. 24 by Chartwells CEO Steven Sweeney to Smriga and Pat Bosco, vice president for student life and dean of students. According to the letter, Chartwells "has sustained substantial financial losses operating the K-State food

service program."

"We cannot continue to sustain such losses," wrote Sweeney in the letter.

Sweeney noted that he hoped K-State and Chartwells could agree upon changes to the contract that would "improve the financial viability" of Chartwells' operation.

"In the contract, either party can terminate the agreement," Bosco said on Tuesday. "They're exercising that option by giving us 90 days of notice."

According to Smriga, the contract between the two parties is 18 months old, and was bid on by Chartwells and its competitor Sodexo. Smriga said that Sodexo is among the options to replace Chartwells if an agreement isn't reached.

"As of today, we kind of have both options on the table, and we're taking a very close look to decide the best direction for us to go," he said. "We're on a tight time frame. Our goal is to make a decision on or before Nov. 1. If a transition were to take place, we need to leave enough time for Sodexo to plan and implement the transition."

Smriga and Bosco both stressed that, should Chartwells back out of the contract, the impact on students would be minimal. The transition would take place during the break between semesters, which takes place Dec. 15 through Jan. 18.

"In either case, we're absolutely confident that we will continue to provide food service in the Union and catering service to all our cus-

tomers, uninterrupted," Smriga said.

He said if the contract does transfer to Sodexo, the restaurants offered in the Union will remain in place. Smriga also noted that Sodexo promised there would be no danger of Chartwells' current hourly employees losing their jobs or taking a cut in pay.

"They've promised not only to honor current salaries but to honor or improve on current benefits," he said.

Matthew Pray, director of Chartwells at K-State, said Chartwells is currently involved with negotiations to stay with K-State.

"We're trying to come to an agreement that works for both sides," said Pray, who declined further comment on the situation.

Communication a key part of social phenomenon of dieting

Michelle Bertran staff writer

Enlisting support from others is an important factor in not only starting a diet, but also reaching any weight loss goals, according to the article "9 ways to reach your weight loss goals" by Kat Tancock on canadianliving.com.

Tancock states that people can even try to get their friends and family involved as a tactic to keep themselves on track. Tancock also suggests that if people would prefer to keep their weight loss goals private, online forums can be a great alternative to connect with others.

Pratik Patel, sports dietitian and program coordinator for the Spartan Nutrition and Performance Program at Michigan State University, believes dieting and weight loss is definitely a social phenomenon because of the purpose behind why people do it.

"People diet for many different reasons, like as a New Year's resolution, for spring break or any special occasion, which definitely has to do with society," said Patel in a phone interview. "They're also brainwashed by the media and don't realize that it is not about dieting, but about changing eating habits by focusing on areas that are holding them back and just eating healthy."

Patel, who previously worked at K-State, said dieting itself is a social phenomenon because people's primary purpose is not to live a healthier lifestyle, but to fit in with a certain group of society.

Patel also touched on how buying into these promoted crash diets affect people's bodies negatively in the long run, causing them to gain the weight back, because these promoted diets are not evidence-based.

Manhattan resident Lena Fox also believes losing weight lies in

overcoming the social stigma of dieting because of how people handle it amongst themselves.

"Specifically amongst women, it is more of a competitive thing, because we all want to look the best," Fox said. "Some people need to do it, others just do it for social reasons."

Fox said, however, that dieting and weight loss being a social phenomenon can be a positive thing because if people communicating their objectives to others helps them reach their goals, then it is effective.



Apple expected to reveal iPad Mini next week

Mike Stanton assistant news editor

Apple recently sent out invitations for a media event on Oct. 23. As is typically the case with Apple, the invitations reveal little about the nature of the event, but, according to CNET, it is safe to assume that the tech giant will unveil the highly-anticipated miniature version of their signature iPad device.

The iPad Mini, as the device is rumored to be called, is expected to compete with Samsung's 7-inch Galaxy Tab 2, Amazon's Kindle Fire and Google's Nexus 7. It will likely feature a 7.85-inch screen and will be significantly cheaper than a full-size third-generation iPad, which starts at \$499.

Based on Apple's most recent product launch, which included the iPhone 5 and a new line of iPods, the smaller tablet will use the new Lightning connector port, smaller and supposedly more efficient than the old 30-pin connector.

According to CNET, the tablet probably won't include the Retina display found on the newest iPads, iPhones and Macbook Pros but could support 3G and 4G LTE wireless networks. Like its larger counterpart, it is expected to be available in black and white, and could offer storage options of 8, 16, 32 and 64 gigabytes.

Apple has a long-standing tradition of keeping product releases as secretive as possible. Last month, when the iPhone 5 was unveiled, specifics were kept under wraps until Apple could dramatically reveal them to as wide an audience as possible. CNET reports that the event could also feature the unveiling of a 13-inch Retina-display Macbook Pro, as well as updates to the Mac Mini desktop computer line.

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26 Wander off
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31 Addict
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36 Square dance group
37 "It's a Wonderful Life" director

40 Hearts, for one
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45 "Simpsons" creator
47 Yoko of music
49 Nervous hood
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55 Verve

DOWN

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2 Out of control

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4 It gets a load from a lode
5 Scout group
6 Bro or sis
7 "Lilies of the Field" actor
8 Brown tone
9 Norma Rae, for one
10 Paul of politics
11 Superlative ending
19 Chesapeake, e.g.
21 Spinning stat

23 "Mary Tyler Moore Show" spinoff
24 Genealogy chart
25 Old card game
26 Look for a website
27 Despot
28 Digitize an old LP, e.g.
32 Bit of trivia
33 College life
35 Tackle moguls
36 4-Down contents
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44 Loretta of country music
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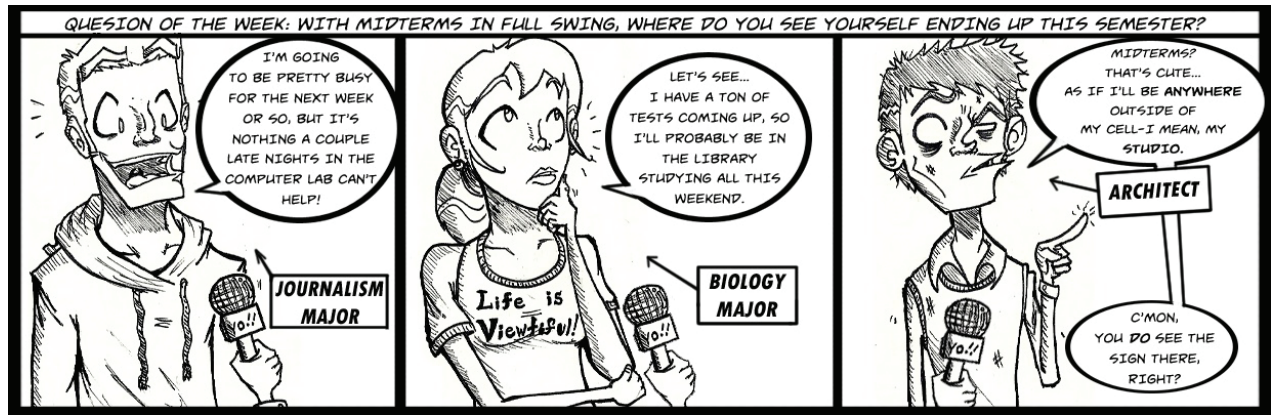
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Yesterday's answer 10-18

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For the Win | By Parker Wilhelm



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Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Darrington Clark at 785-532-6556 or email news@kstatecollegian.com.



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THE BLOTTER

ARREST REPORTS

Tuesday, Oct. 16

Konrad Wolf Kelson, of the 3000 block of Sunny-side Drive, was booked for making false writing, burglary of a dwelling and misdemeanor theft. Bond was set at \$5,500.

Andrew James Woods, of the 2000 block of Green Avenue, was booked for failure to appear. Bond was set at \$100.

Andrew Wayne Stoaffer, of Leavenworth, Kan., was booked for driving with a canceled, suspended or re-

voked license. Bond was set at \$750.

Louisa Darden, of the 600 block of Yuma Street, was booked for failure to appear. Bond was set at \$500.

Lawrence Keith Lane, of Wichita, was booked for

failure to appear. Bond was set at \$1,500.

Kamillah Lasha Sayles, of Kansas City, Kan., was booked for two counts of probation violation. Bond was set at \$1,000.

Compiled by Katie Goertl

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Big 12 coaches, players discuss basketball season

Mark Kern
sports editor

Basketball season is now upon us as coaches and players of the 10 teams in the Big 12 Conference gathered in Kansas City, Mo., to talk to the media about the upcoming season. Despite losing Missouri and Texas A&M and players such as Thomas Robinson and Perry Jones III, some still have big-time expectations for the conference. Matt Doherty of ESPN talked about how the Big 12 continues to stay at the top of the country in basketball.

"Obviously with Kansas, they are able to bring in players every year and reload, but you are seeing it as a whole conference, teams just reloading," Doherty said. "Baylor and Texas continue to bring

in some of the top talent in the country."

Baylor brings back a loaded team this season, one featuring the preseason Big 12 player of the year, Pierre Jackson.

Baylor head coach Scott Drew is confident that Jackson will not let the preseason hype affect his play on the court.

"Pierre was our leading scorer last season. He knows how to deal with pressure," Drew said. "We have been lucky to have some great guards here, and he is every bit as good as any of them."

Baylor and the other schools are chasing the Jayhawks, as KU is coming off their eighth straight Big 12 regular season title, and a runner-up finish against Kentucky

last year.

Despite losing All-American Robinson and four year starter Tyshawn Taylor, head coach Bill Self thinks that by the end of the year, KU is going to be a dangerous team.

"We have a unique team this season," Self said. "We have three returning senior starters, but also seven young puppies on the team. As important as it is for our freshmen to play well, it is even more important for our seniors. If they play like they should, then we will be able to get enough out of our young guys. We are nowhere close yet, but we could be good."

One of the sleeper teams this season that, despite its youth, may be the most athletic team in the conference, is the Oklahoma State

Cowboys. With Markel Brown and LeBryan Nash teaming up with big-time freshman Marcus Smart, the Cowboys will be able to run with anybody.

Brown, who had the highlight of the year last season with an alley-oop dunk in an upset over No. 2 Missouri, said this year's team could be even more exciting.

"We have some great pieces, guys that can get up the floor and jump," Brown said.

When asked about a highlight to compare to last season's, Brown smiled and said, "I might have something for the fans."

K-State will also bring back a lot of experience with three seniors. While Rodney McGruder is receiving a lot of the preseason recognition, it is Jordan Henriquez that has

the attention of Iowa State coach Fred Hoiberg.

"I think Jordan Henriquez is the most underrated player in our conference, and one of the more underrated in the country," Hoiberg said. "He is so long on defense, he is nearly impossible to score on at the rim. The thing that I really like about him is he is skilled and capable of scoring on the offensive end. With him and McGruder, that is a very good duo."

As is the case every year, the Big 12 is going to be very competitive. While KU is the preseason favorite, there are four or five teams that could contend for the title. Look for the Collegian's preview as we break down each of the Big 12 men's and women's basketball teams, starting next Monday with Baylor.

Alum founds successful sportscaster talent agency after dream falls apart

Darrington Clark
managing editor

Many college students pay thousands of dollars to learn how to put together their multiple passions into one job and create a life for themselves. Jon Chelesnik, founder and CEO of the Sportscasters Talent Agency of America, achieved that goal and he knows that "ability is not enough."

Chelesnik was always passionate about sports. He participated in them during high school and he knew he wanted to continue in college in some way or another. After graduating from K-State in 1989, he began working at a small radio station in McPherson, Kan.

"I reported news and sports, and I hated doing news," Chelesnik said. "It was good for me. It's like when your parents tell you to do something and you don't understand why. Years later you realize, 'Oh my gosh, they were right!'"

It was in McPherson that Chelesnik met Matt Walters, current marketing consultant and host of "The Game" for radio station KMAN-AM 1350. At the time they met, Walters was attending Bethany College.

"We were both involved in news and sports," Walters said. "I worked with him for a year and a half, and we fostered a great friendship over the years."

After working in McPherson, Chelesnik decided to branch out and begin hosting sports talk shows on TV instead of only being behind the microphone. Chelesnik said he loved it for several reasons.

"I discovered that I really liked sports broadcasting," Chelesnik said. "It's a wonderful fringe benefit of being in the media, the access to people and places."

Not even Chelesnik knew that his love for sports broadcasting would lead him to the two jobs that he said were the best of his entire life. In 1999, Chelesnik began hosting a show on ESPN Radio Network and doing sideline reporting and college play-by-play announcing with The Football Network.

"His work is great," said Steve Smethers, associate professor of journalism and mass communications at K-State and former radio broadcaster. "I'm proud to call him one of ours."

Chelesnik said his job brought him daily joy, so it was beyond painful to him to only experience it for four years. In 2003, ESPN demoted Chelesnik and The Football Network stopped broadcasting in 2004. Chelesnik lost both jobs that meant so much to him.

"I called my dad and cried," Chelesnik said. "In that moment, I just needed my dad."

At this point, Chelesnik began to develop the idea for the next, and arguably the largest, step in his career.

"My recovery from that setback took about 30 minutes," Chelesnik said. "You realize that life doesn't stop for you."

Chelesnik had to move forward, and asked himself the question, "What else do I do?" Thanks to a support system created by his parents and his wife, Chelesnik began to teach himself how to build something from nothing.

"Everything I learned about starting a business was self-taught," Chelesnik said. "The genesis of starting a business just came from the idea, 'Now what?'"

Chelesnik founded the Sportscasters Talent Agency of America in 2006 with the plan to share what he had learned throughout his career to benefit others. The agency offers career consulting, resume help and serves more than 520 clients nationwide.

"This gives me the opportunity to help other people," Chelesnik said.

Walters said he didn't expect the man he worked with in his college town to become the head of a talent agency, but the move made sense.

"When Jon decided to start his business, it was news to me," Walters said. "But I think it's a perfect fit. He's a guy who's passionate about sports and pays attention to detail."

Chelesnik came back to K-State for the first time since graduating to speak to journalism students on Monday. Smethers was a part of the board that allowed him to come.

"It's an amazing thing that we were able to bring him to K-State," Smethers said. "And it's funny, because I haven't even met him yet."

Chelesnik advises clients on self-presentation and how to follow up on job openings by continuing to be "politely persistent."

"It seems like a great idea," Walters said, "and I'm thrilled that he's having such success with it."

Chelesnik said he is thrilled as well, not just about his success, but also about how he gets to spend his days.

"I've got a blessed life, to be honest," Chelesnik said. "I'm very thankful for it." "I've got a blessed life, to be honest," Chelesnik said. "I'm very thankful for it."

Volleyball team falls to Jayhawks in four sets

John Zetmeir
staff writer

The K-State volleyball team knew they were going to have their hands full against KU on Wednesday night in front of a sold-out crowd in Horejsi Family Athletics Center in Lawrence. In the end, the No. 21 Kansas Jayhawks (18-3, 4-1) proved to be too much for the No. 14 Wildcats (17-3, 4-3), winning the match 3-1.

This was the Jayhawks' first win over the Wildcats since 2009 and also the first time in the history of the rivalry that both teams entered the match ranked. The win also helped the Jayhawks keep their perfect home record intact, moving to 11-0 on the season.

After taking the first set, K-State simply could not find their rhythm. Big factors in the match were blocks and serves. The Jayhawks out-blocked the Wildcats 18 to 5, and the Wildcats also had 10 service errors, while KU had only four.

After the match, K-State head coach Suzie Fritz talked about the disappointment that her team had in their performance.

"They've played really well at home," Fritz said. "I don't think we underestimated anybody. We're disappointed because we feel we didn't play our best. Eighteen blocks tells a little bit of a story and 10 service errors tells another story. We weren't making good decisions."

Leading the way for K-State was senior opposite Kathleen Ludwig, who collected a season-high 17 kills with a .366 hitting percentage. Unfortunately, the rest of the Wildcats could not get into a rhythm on the of-



Freshman outside hitter Tiana Dockey attacks the net against junior middle blocker Kaitlynn Pelger and junior outside hitter Lilla Porubek in Wednesday night's match in Lawrence. The Jayhawks won in four sets in the first match with both teams ranked in the Top 25.

fensive end, as the Wildcats had a .187 hitting percentage.

Not known as being the marquee player for the Jayhawks, sophomore hitter Sara McClinton exploded for the Jayhawks with a .545 hitting percentage and 19 kills. Junior middle blocker

Caroline Jarmoc added a double-double with 11 kills and 11 block assists.

Despite a hot start for the Wildcats, they have now lost two of their last three matches, moving their overall record to 17-3 with a 4-3 record in Big 12 Conference play. However, K-State will

get another shot against the Jayhawks when they come to Ahearn Field House on Nov. 7.

The Wildcats will be back in action on Saturday as they take on the Texas Tech Raiders at Ahearn Field House. First serve is scheduled for 3 p.m.

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7 Halloween songs to add to your party playlist



Jakki Thompson

Halloween is right around the corner, and when this holiday comes around, you start to hear the same songs over and over and over again at parties. Being the odd, hole-in-the-wall music junkie that I am, here are some of my favorite Halloween-related tunes that can help get you in the mood for the holiday.

1. The theme song from the film "Halloween"

This movie is already a cult classic. Even though the song has no lyrics, I feel it still has a lot to offer. With its eerie instrumentals mixed with very strong crescendos

and decrescendos, it makes for a strong song to play at any party. It also makes a really awesome alarm to wake up to if you live in a dorm room or sorority/fraternity house.

2. "Living Dead Girl" by Rob Zombie

"Living Dead Girl" is on one of Rob Zombie's strongest albums, "Hellbilly Deluxe." This song offers people who are portraying zombies or the living dead a great tune to dance to that is mixed with some rock and synthesizers. The lyrics are strong, and it makes for an all-around great listen.

3. "Summer Overture" by Clint Mansell

Originally from the "Requiem for a Dream" soundtrack, this is by no means a traditional Halloween song. It could be categorized as dubstep or techno by modern standards of music, but the sheer wonderfulness that is this song

makes for both good dance and party music. I would highly recommend adding it to any Halloween playlist for any party or gathering in celebration of the holiday.

4. "Getting Away With Murder" by Papa Roach

This is a rock song that would get any horror junkie in the mood for Halloween. The lyrics of "Getting Away With Murder" will attract anyone who digs the nitty-gritty, blood and guts side of Halloween. If you like metal, this is a classic song. For a metal song, all of the words are understandable and fast-paced, but not too fast, like speed metal. This is a great song to get people amped up for an event.

5. "American Witch" by Rob Zombie

If I could just make a Rob Zombie playlist, you best bet I would. This song is off "Educated Horses," an album that is equally

as good as "Hellbilly Deluxe." This is a perfect Halloween song, as it is about the Salem witch trials. With women and men shrieking in the background, the song is a progression of sounds that are traditionally found in any good Halloween song.

6. "Peek-A-Boo" by Krizz Kaliko

This song is for the rap fans. This is a very nontraditional rap song, largely due to the fact that Krizz Kaliko comes from Strange Music, an independent hip-hop label known for its eclectic artists. It has a solid beat that makes for some good dance music, as well as some strong bass. It has lyrics that follow themes of Halloween and will keep your party or gathering bumping.

7. "Devil Boy" by Tech N9ne

There were a lot of songs by Tech N9ne that I could have used, but I knew the one I chose for

this playlist had to come off his album "Anghellic." This song is the opener to an entire album that shows a darker side to Tech than most people are used to. More likely than not, most Tech fans haven't even heard this song, but it is catchy. It does not necessarily feature satanic lyrics, but rather grim lyrics from a darker time in Tech's life.

There are plenty of other songs one could add to their playlists for Halloween gatherings, such as Michael Jackson's "Thriller" or "The Time Warp" from "The Rocky Horror Picture Show." I mean, just Googling Halloween songs will get you a long list of tunes that you would expect to be associated with this holiday. Still, consider the seven I listed above when creating your playlists.

Jakki Thompson is a sophomore in pre-journalism and mass communications, women's studies and American ethnic studies. Please send comments to edge@kstatecollegian.com.

'Soul Eater' departs from typical male-oriented anime in style, animation

"Soul Eater"



anime review by Cara Hillstock

What do you get when you take away the manga a child has been using as a coloring book, dump it into a cauldron containing the essence of Halloween and then set it out to dry while soaking up punk music? An anime called "Soul Eater," of course.

Maka is a potential meister training in the Death Weapon Meister Academy. What is a meister? It's a person who fights with weapons, except their weapons are people. Rather, their weapons are human-weapon hybrids, and Maka's is a delinquent young lad-scythe named Soul Eater.

Maka wants to follow in her mother's footsteps and make a Death Scythe, the ultimate weapon. To make a Death Scythe, a meister's weapon must eat 100 corrupted souls and one witch's soul. However, when a mysterious witch tries to revive the Kishin, a demon god who causes worldwide insanity, Maka and her fellow meisters get caught up in the madness.

The mantra of the Death Weapon Meister Academy is "A sound soul dwells within

a sound mind and a sound body," and you will hear it every episode.

"Soul Eater" is a shounen (that is, male-targeted) anime, like "Bleach" and "Naruto." Most shounen anime have become formulaic to the point that it has become almost boring. There is always a fiery, unintelligent guy destined to save the world, his brooding friend, his annoying love interest(s) and battles that consist of long interior monologues about what their battle plan is before they execute it. "Soul Eater," however, breaks this paradigm.

For one, "Soul Eater" features a female protagonist, Maka, who is hands down my favorite character. She's obsessed with being the top student, somewhat bossy and headstrong. She is determined and focused on making Soul become a Death Scythe, no matter what. However, they also imbue a humanity in her that makes her incredibly sympathetic.

Furthermore, they keep it short. Shounen anime tend to run for hundreds and hundreds of episodes. "Bleach" just ended at 366 episodes, while "Naruto" is currently on its 500th episode, which isn't even counting all of the movies.

In comparison, "Soul Eater" sticks to a much more manageable 51 episodes. In

other words, you won't get to the end of this anime and feel compelled to calculate how many days of your life you have lost watching it.

The most unique aspect of this anime is its style. The animation, drawing style and music all work together to create its own experience. Its cartoonish style at first gives it a childish feel. However, while the show has a quirky sense of humor, it is not dumbed down. While it is humor a child would find appealing, it also appeals to adults. When "Soul Eater" chooses to get dramatic, it doesn't hold back.

The action scenes are entrancing. The characters do not charge head-on, endlessly barraging people with the same looped animation. Rather, the action is more like watching a well-choreographed sword fight. (Also, realistic fighting with a weapon as implausible as a giant scythe? Um, yes please.)

Overall, Soul Eater breaks the mold and makes for a refreshing and fun jaunt through well-worn territory. I rate it 4 out of 5 stars.

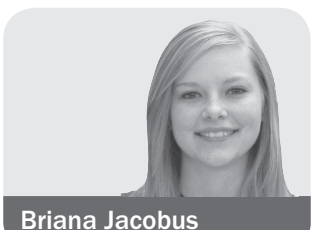
Cara Hillstock is a sophomore in English and theater. Please send comments to edge@kstatecollegian.com.



courtesy photo

health

Unusual food allergies can cause odd symptoms



Briana Jacobus

Roughly 8 percent of people have a food allergy, according to American Academy of Allergy, Asthma and Immunology. Of that group, nearly one-third have multiple food allergies. The most common food allergies are peanuts, followed by milk and shellfish, but there are a great many unusual food allergies that affect many

people.

Walk into any average restaurant or fast food franchise and look at their menu. What is the main side? Some kind of potato. Now imagine being allergic to potatoes.

I first found out that I was allergic to potatoes after going to an asthma and allergy specialist for severe chest pains and random throat swelling. Since potatoes are a very uncommon allergy, some allergists will do a second test to confirm the allergy. Once potatoes were cut from my diet, I noticed an immediate change. Every person with this allergy is different, though.

Most people think it would be impossible to live without potatoes in their diet. It is difficult at times; however, I'm here to tell you it's

not impossible if you watch what you eat. Obviously baked potatoes, french fries and potato chips are out of the question, but potatoes can be found in foods that you would not expect.

Potato starches are found in some breads, pastries and pasta. Some pharmaceutical drugs, vitamins and supplements list starch but do not always specify what kind. Even bizarre things, like envelope glue, contain potato starch. For people with very severe potato allergies, figuring out what products contain potato can be very difficult.

The easiest way to begin to deal with a potato allergy is to switch to corn- and wheat-based products. While this means I can't have

yummy potato chips, I can replace them with corn-based chips, like Doritos and Cheetos. The hardest part for me, at first, was eating out, but I have found that most restaurants will offer another side dish when I mention my allergy, ranging from another vegetable to a fruit dish to a dessert.

This allergy is still not well understood. There is a huge variety of symptoms that people allergic to potatoes can experience, including nausea, vomiting, diarrhea, abdominal pain, itchy mouth, swelling of the throat, throat pain, eczema, atopic dermatitis, contact dermatitis, runny nose, weepy eyes, sneezing, asthma and chest tightness.

Along with the wide variety of symptoms, there are also many

degrees to which the allergy affects people. Some people are fine as long as they don't eat too much, some get mild gastrointestinal symptoms, while others who eat the same amount may go into anaphylactic shock. If you think you may have a food allergy, testing should be done by a certified allergist.

So the next time you go out to eat or go to the store, look at exactly how many products you consume that contain some sort of potato. Then think, "What if I was allergic to potatoes?"

Briana Jacobus is a sophomore in agricultural communications. Please send comments to edge@kstatecollegian.com.

Positive attitude, openness make for less negative dieting experience



Kate Haddock

Dieting. The word brings up fears and stress in the best of us. The act is treated like a bloody battle, something you have to suffer through before reaching some sort of golden paradise. No wonder we hate dieting so much. I've never heard anyone yelling out that they are on a diet in a joyful manner because they are just so unbelievably happy that they can't have that extra piece of cheesecake.

After recently going on a diet and losing some weight, I realized how detrimental this negative view of dieting is to those of us who choose to make a change from bad eating habits.

After encountering such a depressing diet mentality, I made it my goal to find a way to diet and be happy at the same time. I think I have found some pretty good ways to do so and hope that they can make dieting a positive force in your life.

The key to positive dieting is mentality. Eating healthy is a personal choice and you can make the experience as positive or negative as you want. When I decided that I wanted to lose some weight this summer, I took a lot of precautions to prevent

negativity toward my choice. I have seen a lot of my friends and family go through the same dieting problems and I wanted to learn from their mistakes.

The day I started my diet I looked at myself in the mirror and said, "You don't need food to make you feel a certain way. You also don't need to look different physically to make you feel a certain way."

These two statements made a huge impact on my dieting experience. We tend to think that things like food and our appearance can somehow magically change our lives. I have certainly changed my looks at times and expected my life to be different somehow.

The hard truth is that we are the only ones who can change our lives or make ourselves happy. If we stop relying on outside sources to change us, like dieting, the pressure of the whole situation goes down.

It is also important to have a good motivation. I always told myself that I wanted a better body image and decided that I wouldn't start any sort of dieting unless I could look in the mirror beforehand and see the beauty in myself.

Don't get me wrong, it is extremely hard to stop focusing on your flaws, but if you can't do it before you lose weight, it will still be hard after you do.

Don't lose weight to look a certain way. Motivate yourself with thoughts of becoming healthier or having more energy. If you motivate by looks, the way you look at the end of the diet will never measure up to

your expectations. This type of motivation is what causes stress and insecurity in a diet. Keep your motivating thoughts positive.

Don't think about the diet as sacrificing food but as prioritizing food. You don't have to give up cookies for the rest of your life. Believe me, that idea certainly gave me doubts. You can just choose to eat less or to eat something else to get that sugar fix.

The final bit of advice I have is to be open about your diet. Tell your family and friends about it and how important it is to you. Get excited about new recipes that give you more food for fewer calories. The more enthusiasm you have, the easier it is to stay on track.

On the other hand, make sure the enthusiasm can be reined in. Try not to talk about your diet all of the time or others might feel that you are judging their food choices. It is about your life, so keep the focus on you. When you take hold of your dieting attitude and mentality, it is easy to see how great you feel, inside and out.

Kate Haddock is a sophomore in English. Please send comments to edge@kstatecollegian.com.

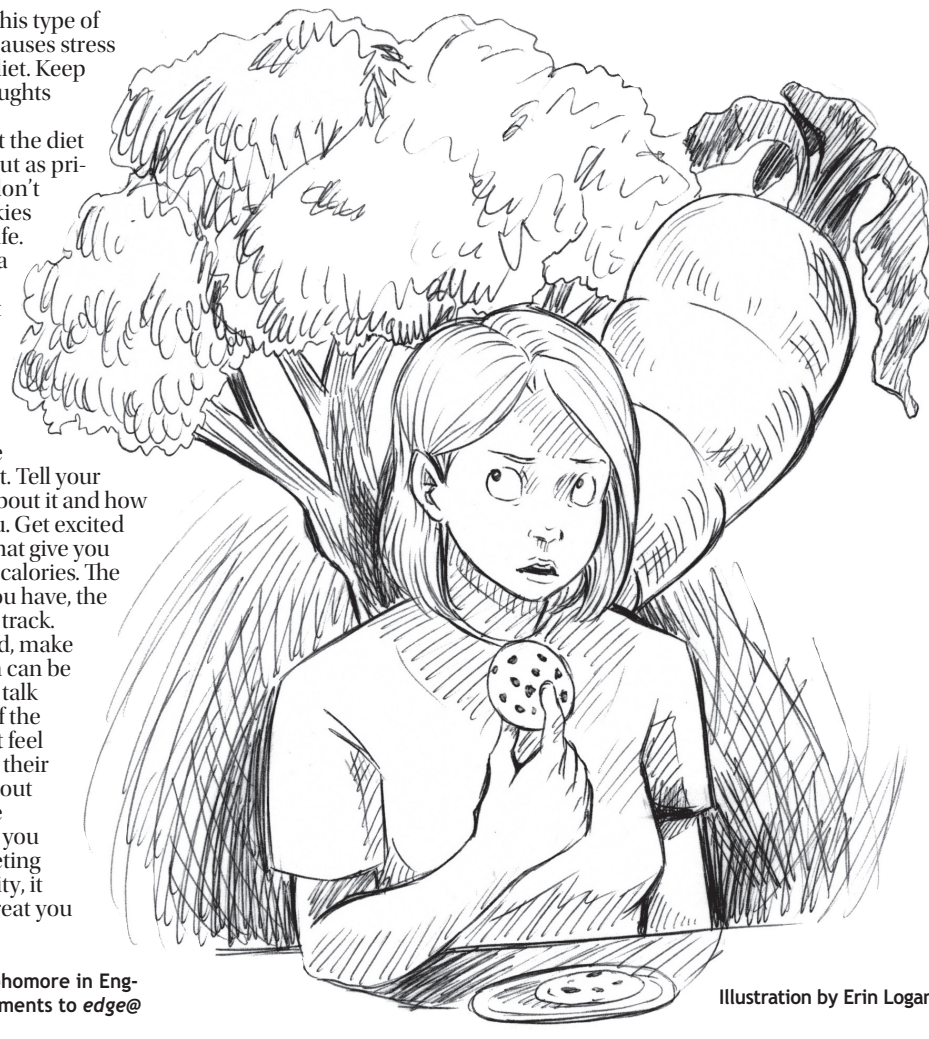


Illustration by Erin Logan



Late Night

The Collegian Guide to Weekend Food and Drink Specials

THIS WEEK'S DEALS	THURSDAY	FRIDAY	SATURDAY
 <p>Auntie Mae's 616 N. 12th St. Manhattan, KS 66502</p>	<p>\$2.50 Tarantulas 4pm - 7pm \$3.75 Tallgrass Pints 11pm - Close</p>	<p>\$2 Wells 4pm - 7pm \$2 Kami Shots 9pm - 11pm</p>	<p>\$1.50 Margaritas 4pm - 7pm \$3 UV Bombs 9pm - 11pm</p>
 <p>BOMB bar (785) 320-5590 718 N. Manhattan Ave.</p>	<p>\$1.50 Bombs and Wells</p>	<p>\$1.50 Bombs and Wells</p>	<p>\$1.50 Bombs and Wells</p>
 <p>BUGGERS 712 N. Manhattan Ave. (785) 320-5590</p>	<p>\$1 Night \$1 Wells Free Bull Rides</p>	<p>1/2 Price Shots and Bombs 10:00-12:00</p>	<p>1/2 Price Shots and Bombs 10:00-12:00</p>
 <p>DRINX AGGIEVILLE 1206 Moro (785) 320-7664</p>	<p>\$1 O-Bombs \$2 Bottles & Pints \$2 Jäger Shots & Bombs</p>	<p>\$3.50 Coronas \$2 O-Bombs \$2.50 BL Cans</p>	<p>Come see us for the game! Check us out on twitter @DRINX_</p>
 <p>EIGHTEEN 63 (785) 320-7711 710 N. Manhattan Ave.</p>	<p>\$5 Endless Pasta \$5 Bottle of Wine \$2 Domestic</p>	<p>\$4 Summer Brew \$2 Rumble 4 pm - 11 pm \$5.99 63 Burgers Happy Hour 1 am - Close</p>	<p>\$4 Summer Brew \$2 Rumble 4 pm - 11 pm \$5.99 63 Burgers Happy Hour 1 am - Close</p>
 <p>Finn's Pub 317 Poyntz Ave, Manhattan, KS 66502 (785) 776-2119</p>	<p>\$6.25 60 oz. Domestic Pitchers</p>	<p>\$2 Rum & Pepsi \$4.50 32 oz. Draws</p>	<p>\$4.50 32 oz. Draws</p>
 <p>Gambino's Pizza (785) 537-9090 900 Hayes Dr. Open until 3 am</p>	<p>\$10 Large 1-Topping Pizza Delivery Only</p>	<p>\$10 2 small 1-Topping Pizzas Delivery Only</p>	<p>\$10 Large 1-Topping Pizza Delivery Only</p>
 <p>HIBACHI HUT (785) 539-9393 608 N. 12th St.</p>	<p>\$10.99 Steak Night \$5.50 Carafes of Sangria</p>	<p>\$4.50 New Orleans Original Pat O'Brien Hurricanes</p>	<p>Herb Crusted Prime Rib after 5 pm \$4.50 Long Islands</p>
 <p>JOHNNY KAW'S SPORTS BAR (785) 320-5590 1218 1/2 Moro St.</p>	<p>Minor Night 18 to Enter</p>	<p>Happy Hour 10:00-12:00 \$1 Domestic Draws</p>	<p>Happy Hour 10:00-12:00 \$1 Domestic Draws</p>
 <p>Mustang Gentleman's Club 785-238-7571 1330 Grant Junction City</p>	<p>\$3.25 48 oz pitcher \$1 Rum, Vodka, Gin Wells</p>	<p>Free admission with football ticket (21+ only)</p>	<p>7:30 - 9:30 Free admission with military ID (21+ only)</p>
 <p>O'Malley's ALLEY (785) 537-7151 706 N. Manhattan Ave.</p>	<p>\$1.75 Domestic Draws \$2 All Bottles</p>	<p>\$3 Domestic Pints \$2.50 Highlife & Busch Light Bottles</p>	<p>Come see us for the game!</p>
 <p>Porter's (785) 537-7151 706 N. Manhattan Ave.</p>	<p>50¢ Tacos \$2 any pint \$2 bombs</p>	<p>\$3 Boulevard Pints Try a Boulevard Burger</p>	<p>Come see us for the game!</p>
<p>Rendezvous Bar (785) 827-3830 249 N. Santa Fe Ave. Salina, KS</p>	<p>\$2.75 Summerbeer Pints \$7 Pitchers all day</p>	<p>\$2 U Call It \$3 Premiums 7-9pm</p>	<p>\$2.50 Domestic Bottles all day College ID Night: \$2 U Call It, \$3 Premiums 9pm - close with a college ID</p>
 <p>The Salty Rim (785) 537-8910 1204 Moro</p>	<p>\$2 Bottles \$2 Domestic Pints 1/2 off Margaritas</p>	<p>\$3.50 Coronas \$2 Pounders 10pm - 12am And Happy Hour!</p>	<p>Come see us for the game! Check us out on twitter @TheSaltyRim</p>
 <p>SHOT STOP 1222 Moro St. (785) 320-5590</p>	<p>\$1.50 Shots and Bottles</p>	<p>\$1.50 Shots and Bottles</p>	<p>\$1.50 Shots and Bottles</p>
 <p>Wahoo Fire + Ice Grill (785) 320-7242 101 Moro @WahooManhattan</p>	<p>1/2 priced Summer Beer \$2 Pork Sliders</p>	<p>1/2 priced Sangria Fish 'n Chips</p>	<p>Come see us for lunch and dinner!</p>
 <p>Wendy's Valid at Manhattan & Junction City locations</p>	<p>Free Chili Cheese Fries with purchase Valid from 8pm to 1am with student ID</p>	<p>\$1.99 Jr. Bacon Cheeseburger Value Meal Valid from 8pm to 1am with student ID</p>	<p>1/2 price Drinks & Shakes Valid from 8pm to 1am with student ID</p>

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